

Individual Best Times (All Time)

Daniel Cox - (930682) - The University Of Birmingham

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|----------|-----------------|-----------|----------|---|--------------------|----------|-------|
| 50 Freestyle | 25.88 | 25.10 | 527 | 18/09/22 | Wycombe District SC Club Championships 2022 | Wycombe | SE221784 | 4 |
| 100 Freestyle | 54.30 | 52.70 | 642 | 25/06/22 | City of Sheffield Swim Squad Team Steel Meet 2022 | Sheffield | NE220037 | 1 |
| 200 Freestyle | 1:56.84 | 1:53.80 | 665 | 26/06/22 | City of Sheffield Swim Squad Team Steel Meet 2022 | Sheffield | NE220037 | 1 |
| 400 Freestyle | 4:08.77 | 4:03.10 | 692 | 06/08/23 | Swim England National Summer Meet 2023 | Sheffield | ENG028 | 1 |
| 800 Freestyle | 8:35.52 | 8:24.20 | 674 | 04/08/23 | Swim England National Summer Meet 2023 | Sheffield | ENG028 | 1 |
| 1500 Freestyle | 16:17.44 | 15:56.20 | 707 | 28/04/23 | SE South East Region Summer Championships 2023 | Wycombe | SE230799 | 1 |
| 50 Breaststroke | 34.56 | 33.60 | 423 | 02/08/21 | Guildford City SC L3 Summer Open Meet | Surrey Sports Park | SE210200 | 3 |
| 100 Breaststroke | 1:17.82 | 1:16.20 | 390 | 04/07/21 | Wycombe Summer LC Invitation Meet | High Wycombe | SE210219 | 3 |
| 200 Breaststroke | 2:44.79 | 2:41.60 | 441 | 03/07/21 | Wycombe Summer LC Invitation Meet | High Wycombe | SE210219 | 3 |
| 50 Butterfly | 29.40 | 28.70 | 434 | 25/09/21 | Wycombe District SC Club Championships 2021 | Wycombe | SE210538 | 4 |
| 100 Butterfly | 1:02.32 | 1:01.10 | 499 | 18/09/22 | Wycombe District SC Club Championships 2022 | Wycombe | SE221784 | 4 |
| 200 Butterfly | 2:17.71 | 2:15.40 | 514 | 17/07/22 | 2022 Wycombe Long Course End of Season Meet L3 | High Wycombe | SE221132 | 3 |
| 50 Backstroke | 32.90 | 32.30 | 366 | 25/09/21 | Wycombe District SC Club Championships 2021 | Wycombe | SE210538 | 4 |
| 100 Backstroke | 1:07.79 | 1:06.60 | 441 | 25/09/21 | Wycombe District SC Club Championships 2021 | Wycombe | SE210538 | 4 |
| 200 Backstroke | 2:21.87 | 2:19.50 | 490 | 25/07/21 | South East Festival of Swimming 2021 | Wycombe | SE210358 | 1 |
| 200 Individual Medley | 2:18.79 | 2:15.90 | 554 | 16/01/22 | Berkshire & South Bucs County & Age Group Champs | Wycombe | SE220084 | 1 |
| 400 Individual Medley | 4:46.76 | 4:40.60 | 604 | 25/06/22 | City of Sheffield Swim Squad Team Steel Meet 2022 | Sheffield | NE220037 | 1 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|----------|-----------------|-----------|----------|--|--------------|----------|-------|
| 50 Freestyle | 25.10 | 25.90 | 518 | 24/06/23 | Hatfield SC Summer Meet 2023 | Hatfield | ER230407 | 2 |
| 100 Freestyle | 53.05 | 54.60 | 603 | 11/11/23 | National Arena Swimming League South R2 2023 | High Wycombe | SE232448 | 3 |
| 200 Freestyle | 1:51.97 | 1:55.00 | 698 | 25/06/23 | Hatfield SC Summer Meet 2023 | Hatfield | ER230407 | 2 |
| 400 Freestyle | 4:00.08 | 4:05.80 | 690 | 19/11/23 | BUCS Short Course Swimming Championships 2023 | Sheffield | NE232392 | 2 |
| 800 Freestyle | 8:14.07 | 8:25.60 | 722 | 18/11/22 | Guildford City SC Level 2 Winter Open | Guildford | SE220865 | 2 |
| 1500 Freestyle | 15:42.72 | 16:04.30 | 724 | 14/10/22 | Millfield & Team Bath AS Level 2 Short Course Meet | Millfield | SW221660 | 2 |
| 50 Breaststroke | 32.60 | 33.50 | 448 | 25/06/23 | Hatfield SC Summer Meet 2023 | Hatfield | ER230407 | 2 |
| 100 Breaststroke | 1:17.06 | 1:18.70 | 369 | 23/05/21 | Wycombe District | Wycombe LC | LEX1261 | 0 |
| 200 Breaststroke | 2:49.30 | 2:52.40 | 357 | 02/12/18 | Maxwell December Meet | Aylesbury | SE182577 | 3 |
| 50 Butterfly | 28.26 | 28.90 | 455 | 03/10/21 | Maxwell October Meet 2021 | Aylesbury | SE210461 | 3 |
| 100 Butterfly | 1:00.20 | 1:01.40 | 499 | 25/06/23 | Hatfield SC Summer Meet 2023 | Hatfield | ER230407 | 2 |
| 200 Butterfly | 2:14.07 | 2:16.40 | 506 | 21/10/23 | City of Birmingham Winter Open Meet 2023 | Birmingham | WM230773 | 2 |
| 50 Backstroke | 31.34 | 32.00 | 351 | 02/10/21 | Maxwell October Meet 2021 | Aylesbury | SE210461 | 3 |
| 100 Backstroke | 1:10.04 | 1:11.20 | 328 | 23/11/19 | 2019 Wycombe County & Regional Qualifier | Wycombe | SE192906 | 3 |
| 200 Backstroke | 2:24.97 | 2:27.30 | 386 | 24/11/19 | 2019 Wycombe County & Regional Qualifier | Wycombe | SE192906 | 3 |
| 200 Individual Medley | 2:11.40 | 2:14.40 | 580 | 11/11/23 | National Arena Swimming League South R2 2023 | High Wycombe | SE232448 | 3 |
| 400 Individual Medley | 4:47.58 | 4:53.60 | 544 | 02/10/21 | Maxwell October Meet 2021 | Aylesbury | SE210461 | 3 |
| 100 Individual Medley | 1:02.81 | 1:02.80 | 482 | 19/11/22 | Guildford City SC Level 2 Winter Open | Guildford | SE220865 | 2 |